

Finding the Silver Lining

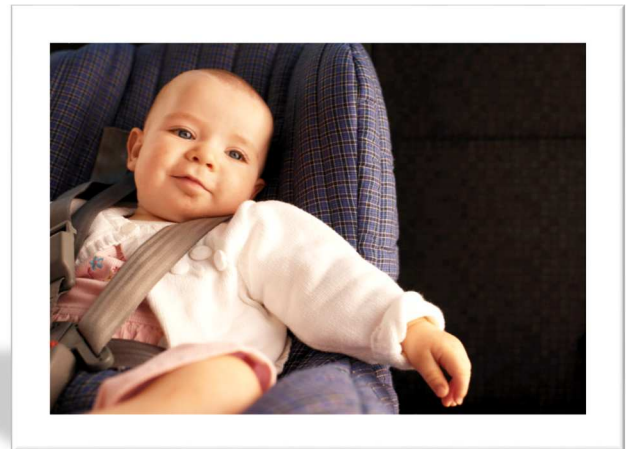


Protective Factors

Protective factors can foster resilience as well as reduce risk, and build the capabilities of families (Child Welfare Information Gateway):

Child Protective Factors

- ⇒ Good health, history of adequate development
- ⇒ Above-average intelligence
- ⇒ Hobbies and interests
- ⇒ Positive peer relationships
- ⇒ Personality factors
- ⇒ Easy temperament
- ⇒ Positive disposition
- ⇒ Active coping style
- ⇒ Positive self-esteem
- ⇒ Good social skills
- ⇒ Internal locus of control
- ⇒ Balance between help seeking and autonomy



Parental/Family Protective Factors

- ⇒ Secure attachment; positive and warm parent-child relationship
- ⇒ Supportive family environment
- ⇒ Household rules/structure; parental monitoring of child
- ⇒ Extended family support and involvement, including caregiving help
- ⇒ Stable relationship with parents
- ⇒ Parents have a model of competence and good coping skills
- ⇒ Family expectations of pro-social behavior
- ⇒ High parental education

Social/Environmental Protective Factors

- ⇒ Mid to high socioeconomic status
- ⇒ Access to healthcare and social services
- ⇒ Consistent parental employment
- ⇒ Adequate housing
- ⇒ Family religious faith participation
- ⇒ Good schools
- ⇒ Supportive adults outside of family who serve as role models/mentors to child

Nebraska's Network of Care: www.dhhs.ne.gov/networkofcare

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK